

Name: _____

Period: _____

Dietary Guideline #1 Adequate Nutrients Within Calorie Needs

Directions: Fill out the outline while watching the PowerPoint presentation on Adequate Nutrients Within Calorie Needs.

- Many Americans eat _____ calories than is recommended for their body's calorie needs.
- Americans also eat too much _____ fat, _____ fats, _____, added _____, and _____.
- A nutrient dense food is high in _____ and relatively low in _____.
- An empty calorie food is _____ in nutrients and relatively _____ in calories.

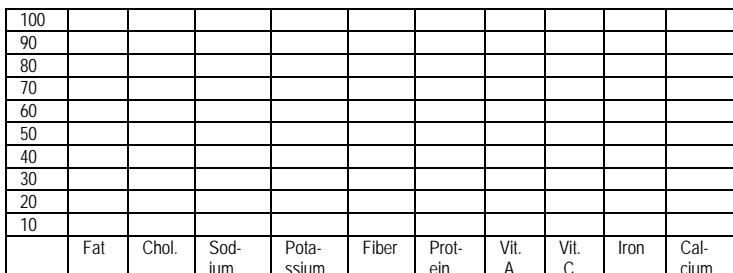
Recommendation

- It is recommended that Americans eat more _____ - _____ foods that have fewer _____ and more _____.
- Eating a nutrient rich diet will promote _____ of children, good _____ for people of all ages, and a _____ of risk for a number of chronic _____.
- Nutrients that are a major concern for children and adolescents include _____, _____, _____, magnesium and Vitamin _____.

Nutrient Dense - Empty Calorie Foods Comparison

Directions: Using the food charts with nutritive values, choose 5 foods from the nutrient dense side and 5 foods from the empty calorie side and shade in the bar charts for each nutrient listed below the bar. Answer the questions at the end.

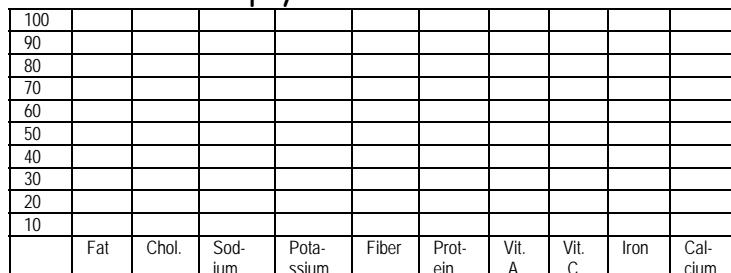
Nutrient Dense Foods



Food: _____

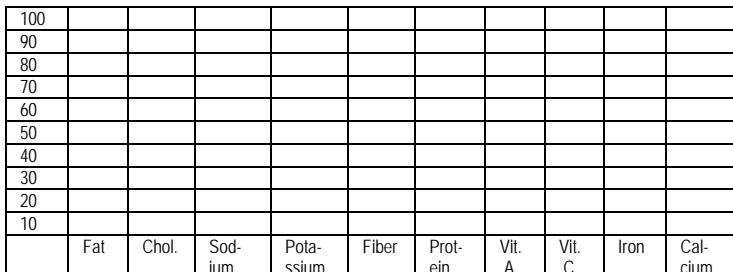
Calories: _____

Empty Calorie Foods



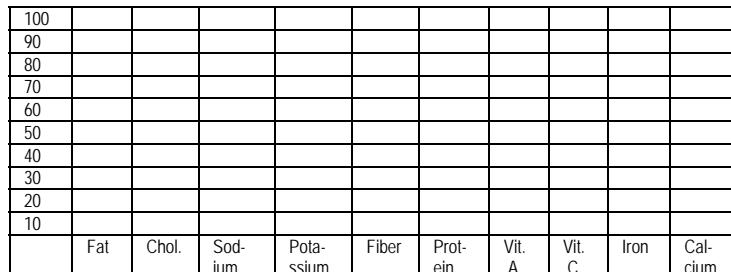
Food: _____

Calories: _____



Food: _____

Calories: _____

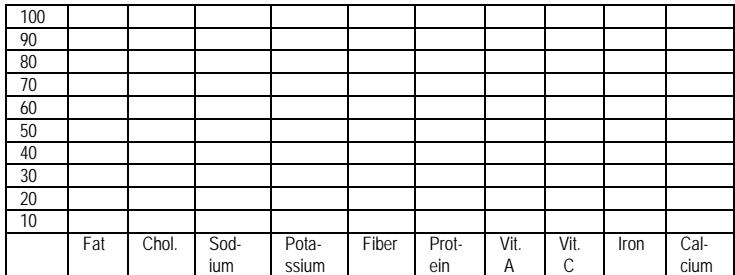


Food: _____

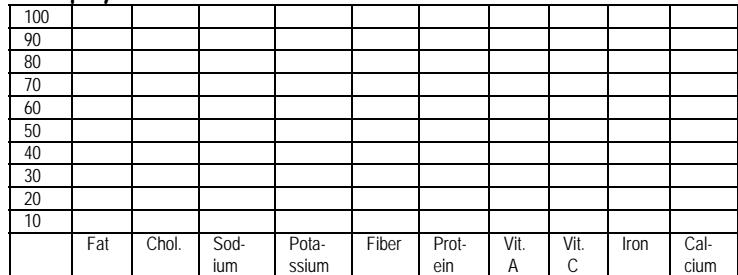
Calories: _____

(OVER)

Nutrient Dense Foods

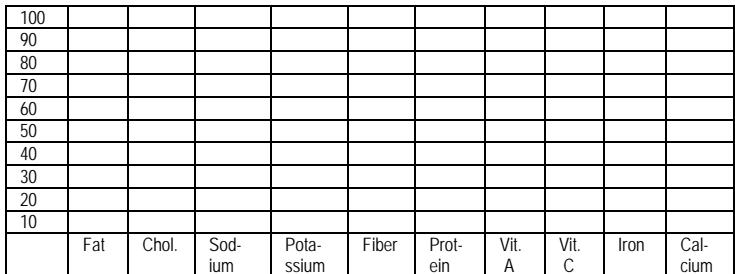


Empty Calorie Foods



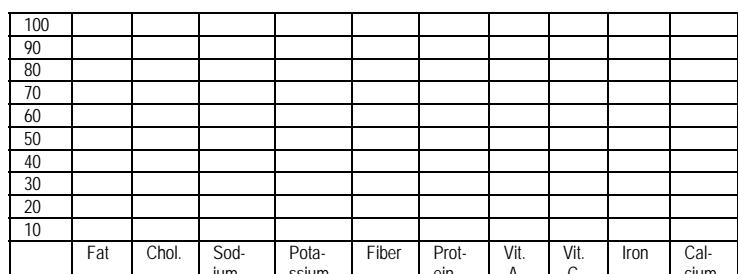
Food: _____

Calories: _____



Food: _____

Calories: _____

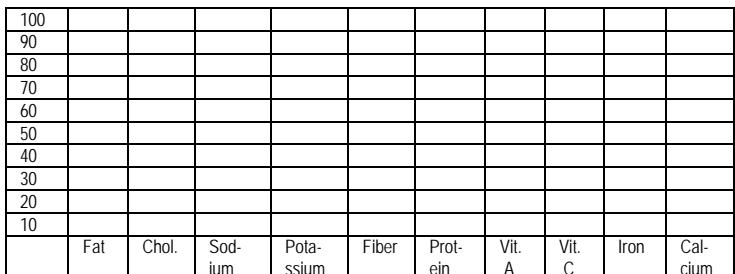


Food: _____

Calories: _____

Food: _____

Calories: _____



Food: _____

Calories: _____

Food: _____

Calories: _____

1-Which type of food (nutrient dense/empty calorie) has more amount of the bars shaded?

4-Explain the dietary guideline, 'Adequate Nutrients within Calorie Needs'.

2-What does that say about the nutrient content?

3-Which type of foods have more fat and cholesterol? _____